

Video Replay: <https://vimeo.com/1156642023/ad61f12f31?share=copy&fl=sv&fe=ci>

2026-01-20 11:32:52 From Pam Rook to Everyone:

Pam Rook, Sylvania Ohio

2026-01-20 11:32:57 From Janet Kelly to Everyone:

Janet Kelly from Bryan Texas

2026-01-20 11:32:58 From Suzanne Neald to Everyone:

SuzanneNE

2026-01-20 11:33:00 From Diane Brinkley to Everyone:

hey everyone!! Diane in Troutville VA

2026-01-20 11:33:04 From Kate Wilson to Everyone:

Kate Wilson from Corryton, TN

2026-01-20 11:33:09 From Dawn Jones to Everyone:

Sending prayers now. 🙏

2026-01-20 11:33:09 From Lori Evans to Everyone:

❤️🙏❤️

2026-01-20 11:33:16 From Angela Edwards to Everyone:

Prayers 🙏

2026-01-20 11:33:21 From Kelly Nussbaum to Everyone:

Kelly Nussbaum, Ohio

2026-01-20 11:33:22 From Kathy Ross to Everyone:

Hi Everyone! Kathy from Northcentral WI

2026-01-20 11:33:24 From Jolene Underwood to Everyone:

Replying to "Message sent before you joined the meeting":

Do you see a green dot on the top right corner? If so you can click it and make it full screen.

2026-01-20 11:33:27 From Kendra Thurman to Everyone:

Replying to "Message sent before you joined the meeting":

Was great to see you Saturday!

2026-01-20 11:33:30 From Kathy Ross to Everyone:

Prayers for Joy

Christine Foster: 🙏

2026-01-20 11:33:30 From Dr. Jessica Evans to Everyone:
Hi all, Jess, Columbus OH area

2026-01-20 11:33:32 From Sheri Faber Ohio to Everyone:
Prayers 🙏

2026-01-20 11:33:43 From Michelle Baruth to Everyone:
Michelle Baruth from Neenah, WI

2026-01-20 11:33:45 From Debbie Zibolski to Everyone:
I saw people from Shippensburg and Camp Hill, I'm in Carlisle

2026-01-20 11:33:59 From Nichelle i to Everyone:
Nichelle from Kansas

2026-01-20 11:34:01 From Mary Sue Owsley to Everyone:
Hello from Mary Sue Owsley in Idaho!
Alicia Volrich: ❤️

2026-01-20 11:34:19 From BONITA LOVE to Everyone:
Replying to "Message sent before you joined the meeting":
No. I don't.

2026-01-20 11:34:56 From Becky Webb to Everyone:
Becky - British Columbia Amen and prayers for Joy

2026-01-20 11:35:20 From Vanessa Satterfield to Everyone:
Vanessa Satterfield - North Carolina

2026-01-20 11:35:32 From Kim Brown to Everyone:
Kim Brown, North TX

2026-01-20 11:35:38 From Sharon Flynn to Everyone:
Hi from Sharon Flynn in Swansboro, NC

2026-01-20 11:35:44 From Jolene Underwood to Everyone:
Jolene Underwood, Maryland (Therapist for TX)

2026-01-20 11:35:44 From Nora Cord to Everyone:
Nora Cord- Green, Ohio

2026-01-20 11:35:45 From Amy Marcum to Everyone:

Amy Marcum- louisville Ky

2026-01-20 11:36:00 From Robin Clark to Everyone:
Robin Clark - Tennessee

2026-01-20 11:36:05 From Darlene Hills-Clinkscale to Everyone:
Good morning Blessings, Everyone.

2026-01-20 11:36:24 From Wendi Andrews to Everyone:
Wendi Andrews, Cedar Point, NC

2026-01-20 11:36:26 From Darlene Hills-Clinkscale to Everyone:
Darlene Hills-Clinkscale from Columbus, Ohio

2026-01-20 11:36:36 From Johanna Dempster to Everyone:
Good morning . Johanna from Idaho.

2026-01-20 11:36:36 From Dell Scruggs to Everyone:
Hello all! Dell from Scarborough, Maine

2026-01-20 11:36:53 From Joy Parks to Everyone:
Replying to "Message sent before you joined the meeting":
try a click on what looks like an empty box in the top corner.....maybe

2026-01-20 11:37:04 From Heidi Johnson to Everyone:
Replying to "Message sent before you joined the meeting":
On my computer, I can click on a green button the left or go under the Window drop
down menu and click on Zoom.

2026-01-20 11:37:12 From Kathy Ross to Everyone:
Which slide is this?

2026-01-20 11:37:21 From Linda Schreuders to Everyone:
Hello from chilly Winnipeg MB Canada. Today it's minus 8, feels like minus 26.
Heather Ives: 🏠

2026-01-20 11:37:21 From Heather Ives to Everyone:
☀️ Good morning! Heather Ives- Columbia, SC

2026-01-20 11:37:21 From BONITA LOVE to Everyone:
Replying to "Message sent before you joined the meeting":
Thank you for trying to help!

2026-01-20 11:37:21 From Tabitha Westbrook to Everyone:

Replying to "Which slide is this?":
Slide 53

2026-01-20 11:37:29 From Kathy Ross to Everyone:
Replying to "Which slide is this?":
Thank you!

2026-01-20 11:37:30 From Jolene Underwood to Everyone:
Replying to "Message sent before you joined the meeting":
If you don't see the green button, try moving your cursor to the top left corner as it may make it visible.

2026-01-20 11:37:31 From Tabitha Westbrook to Everyone:
Replying to "Hello from chilly Winnipeg MB Canada. Today it's...":
Balmy!

2026-01-20 11:37:37 From Tabitha Westbrook to Everyone:
Replying to "Which slide is this?":
You're welcome!

2026-01-20 11:37:43 From Deborah Stahl Waters to Everyone:
Deborah Stahl Waters - Tenn

2026-01-20 11:37:45 From Kendra Thurman to Everyone:
REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

If we do not get to answer your QUESTION during the live class, remember that the team will annotate the chat, and you can read the response when the links are posted.
Dusty Lewis: 👍

2026-01-20 11:37:46 From Martha Curfman to Everyone:
Hello All, Today I'm in Cape Canaveral, Florida, but normally in frosty NE Ohio.

2026-01-20 11:37:49 From KAMILLA to Everyone:
Avoid JADE - <https://lifesavingdivorce.com/tag/jade/>
Justify your actions

Argue to prove you are right

Defend yourself

Explain why you did something.

2026-01-20 11:38:06 From Tiffany Pearman to Everyone:
Tiffany from Kentucky!

2026-01-20 11:38:07 From sandra street to Everyone:
Hello Sandra Street from Hilliard , Fl. Has signed in.

2026-01-20 11:38:17 From Kendra Thurman to Everyone:
Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

NOTE: Please be discerning what details you share about your personal situation/history in the chat to avoid accidentally triggering another participant.
Heather Ives: ❤️

2026-01-20 11:38:17 From Kay Conner to Everyone:
Kay Conner (Woolstenhulme) Tri Cities, Washington

2026-01-20 11:38:25 From Tabitha Westbrook to Everyone:
Replying to "Remember to take good care of yourself - if you ar...":
You are the only you that you have!!
Andrea Kanfield: ❤️

2026-01-20 11:38:28 From Danyelle Uzoigwe to Everyone:
Hello everyone, Danyelle here, joining from Arizona

2026-01-20 11:38:31 From KAMILLA to Everyone:
BIFF - <https://www.highconflictinstitute.com/biff-responses>
Brief

Informative

Friendly

Firm

2026-01-20 11:38:35 From Joy Parks to Everyone:
Replying to "Message sent before you joined the meeting":
sometimes also a click on the word "view" and select fullscreen. That will probably make you loose the chat box though

2026-01-20 11:38:39 From Brooke Shepherd to Everyone:

Brooke Shepherd - DSM, IA :)

2026-01-20 11:38:57 From Ladonna Hafen to Everyone:
Ladonna Hafen, Whitefish, mt
Gabriela Silva: ❤️

2026-01-20 11:39:10 From Kelly Nussbaum to Everyone:
What is BIFF stand for again

2026-01-20 11:39:28 From BONITA LOVE to Everyone:
Replying to "Message sent before you joined the meeting":
it did not pop up. It's okay. Thank you!

2026-01-20 11:39:33 From Tansil Sandlin to Everyone:
Replying to "Ladonna Hafen, Whitefish, mt":
I LOVE WHITEFISH!!!!!!

2026-01-20 11:39:42 From KAMILLA to Everyone:
Replying to "What is BIFF stand for again":
BIFF - <https://www.highconflictinstitute.com/biff-responses>
Brief

Informative

Friendly

Firm

2026-01-20 11:39:45 From Nancy Megargee to Everyone:
Hi Everyone, this is Nancy Megargee

2026-01-20 11:39:51 From Kendra Thurman to Everyone:
They spread a net for my feet: My soul was despondent. They dug a pit before me,
but they themselves have fallen into it! Selah. Psalm 57:6

2026-01-20 11:39:59 From Jennifer Placke to Everyone:
Jennifer Placke, Kansas City, Missouri

2026-01-20 11:40:00 From Greta Pouliot to Everyone:
Prayers for Joy!!

2026-01-20 11:41:04 From Lori Evans to Everyone:
Replying to "Ladonna Hafen, Whitefish, mt":
Hi! Bigfork here... ❤️

2026-01-20 11:41:07 From Kelly Nussbaum to Everyone:
Replying to "What is BIFF stand for again":
THanks!!

2026-01-20 11:41:59 From Dr. Jessica Evans to Everyone:
Tabi: "Let them tell on themselves through their own behavior."

2026-01-20 11:42:00 From Sharon Flynn to Everyone:
I checked in as you were talking about Joy. I missed what has happened to her. Will someone please give a brief description and where she is?

2026-01-20 11:42:25 From Kim Bobe to Everyone:
Good morning! Kim Bobe

2026-01-20 11:42:26 From Becky Webb to Everyone:
Totally...God highlighted Proverbs 9:8 as one verse along those lines for that. Good word Tabi

2026-01-20 11:42:55 From Kerry Calmes to Everyone:
Kerry Calmes Cornell, MI hi

2026-01-20 11:43:03 From KAMILLA to Everyone:
Replying to "I checked in as you were talking about Joy. I miss...":
She is resting at home after a minor stroke last week.

2026-01-20 11:43:18 From Angela Parsley to Everyone:
Angela Parsley Chattanooga Tn

2026-01-20 11:43:28 From Shelly Blankenship to Everyone:
Hello from the Eastern Panhandle of WV!

2026-01-20 11:43:52 From Kendra Thurman to Everyone:
It's natural for survivors to try to do this - they are seeking safety, and they may think that if they get "just the right explanation," the abuser will see the logic behind the choice. The truth is, there is no explanation that will convince the abuser. They will find something "wrong" with her opinion.

Becky Webb, Jolene Underwood, Tracy Zimmerman, Dawn Jones: ❤️

2026-01-20 11:44:03 From Corrine Petit to Everyone:
Hi, from chilly Vermont.

2026-01-20 11:44:32 From Dawn Jones to Everyone:
Replying to "It's natural for survivors to try to do this - the...":

Yes! It took me way to long to learn this.

2026-01-20 11:44:44 From Kendra Thurman to Everyone:

Let the wicked fall into their own nets, while I pass by in safety. Psalm 141:10

Tracy Zimmerman: ❤️

2026-01-20 11:45:02 From Sharon Flynn to Everyone:

Replying to "I checked in as you were talking about Joy. I miss...":

Thanks Kamilla! 🙏

2026-01-20 11:45:12 From LeAnne Parsons to Everyone:

Grateful to be here from

AZ!

2026-01-20 11:45:19 From Tabitha Westbrook to Everyone:

Replying to "It's natural for survivors to try to do this - the...":

Yes, for sure!

2026-01-20 11:45:36 From Brian Blackwell to Everyone:

Brian Blackwell - Pennsylvania

2026-01-20 11:45:54 From Angela Triplett to Everyone:

Angela Triplett-Southern Iowa

2026-01-20 11:46:02 From Dawn Jones to Everyone:

Great point, Jolene!

Jolene Underwood: ❤️

2026-01-20 11:46:17 From KAMILLA to Everyone:

Dr. Debra Wingfield. "Eyes Wide Open – Second Edition". <https://tinyurl.com/EyesWideOpen-2>

2026-01-20 11:46:35 From Dusty Lewis to Everyone:

Replying to "I checked in as you were talking about Joy. I miss...":

praying for Joy!

2026-01-20 11:46:45 From JUDITH VADER to Everyone:

Judy Vader here from the frigid UP of MI.

2026-01-20 11:46:52 From Heidi Johnson to Everyone:

Are the slides supposed to be on the screen?

2026-01-20 11:47:22 From KAMILLA to Everyone:

Evan Stark – "Coercive Control: How Men Entrap Women in Personal Life".

<https://a.co/d/9okQpqv>

2026-01-20 11:47:26 From Tabitha Westbrook to Everyone:
Replying to "Are the slides supposed to be on the screen?":
Yes, you should be able to see them.

2026-01-20 11:47:39 From BONITA LOVE to Everyone:
QUESTION: Tabitha, Where can I get more info about how emotional and verbal abuse is physical abuse?

2026-01-20 11:48:11 From Gabriela Silva to Everyone:
Gabriela Silva, Okemos, Michigan

2026-01-20 11:48:13 From Heidi Johnson to Everyone:
Replying to "Are the slides supposed to be on the screen?":
Found it. Thanks.
Tabitha Westbrook: ❤️

2026-01-20 11:48:29 From KAMILLA to Everyone:
Replying to "QUESTION: Tabitha, Where can I get more info about...":
[Leslie Vernick. "The Emotionally Destructive Marriage". https://a.co/d/9FwsrRX](https://a.co/d/9FwsrRX)

2026-01-20 11:48:51 From Beatrice Johanna to Everyone:
Bea in Iowa Falls, Iowa.

2026-01-20 11:48:56 From Gemma Frederick to Everyone:
These points are so pivotal & helpful!!

2026-01-20 11:49:18 From Tabitha Westbrook to Everyone:
Replying to "QUESTION: Tabitha, Where can I get more info about...":
[It's in an episode of the Hey Tabi Podcast. https://podcasts.apple.com/us/podcast/all-abuse-is-physical-abuse-neuroscience-proof-and/id1787874485?i=1000744810729](https://podcasts.apple.com/us/podcast/all-abuse-is-physical-abuse-neuroscience-proof-and/id1787874485?i=1000744810729)
Dawn Jones, BONITA LOVE: ❤️
Kendra Thurman: 💜

2026-01-20 11:49:24 From BONITA LOVE to Everyone:
Replying to "QUESTION: Tabitha, Where can I get more info about...":
Thank you so much!

2026-01-20 11:49:57 From Tabitha Westbrook to Everyone:
Replying to "QUESTION: Tabitha, Where can I get more info about...":
You're welcome!

2026-01-20 11:50:35 From BONITA LOVE to Everyone:

Replying to "QUESTION: Tabitha, Where can I get more info about...":

@KAMILLA Thank you!

KAMILLA: ❤️

2026-01-20 11:50:56 From Melissa Parker to Everyone:

Melissa Parker - Columbia, SC. Sorry I'm late - traffic getting my son home from an appointment.

2026-01-20 11:51:13 From Gemma Frederick to Everyone:

We don't even realize we're doing it, at the time, often times.

2026-01-20 11:51:23 From KAMILLA to Everyone:

Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”

<https://a.co/d/0NrXPKE>

2026-01-20 11:51:32 From Kendra Thurman to Everyone:

She may lose the ability to know what she prefers for simple things like type of food, style of dress/hairstyle, kinds of hobbies, etc., as all these choices and more are filtered through his preferences.

Becky Webb, Gemma Frederick: 🙏

2026-01-20 11:51:33 From Ann Allen to Everyone:

Annie Allen - from Nashville, TN

2026-01-20 11:52:12 From BONITA LOVE to Everyone:

Replying to "Melissa Parker - Columbia, SC. Sorry I'm late - t...":

Hello! I'm from Greenville

Melissa Parker: 👍

2026-01-20 11:53:11 From Jaime Meunier to Everyone:

Hi, Jaime from Alberta Canada

2026-01-20 11:53:26 From Kendra Thurman to Everyone:

Combating Technology-Enabled Abuse (item #11 from the bottom of this month's webpage):

<https://www.houseofpeacepubs.com/wp-content/uploads/2024/03/CombatingTechnology-enabledAbuse.pdf>

2026-01-20 11:54:47 From Gemma Frederick to Everyone:

Tough to hear & talk about but thankful for a forum for addressing these atrocities

2026-01-20 11:54:49 From Brooke Shepherd to Everyone:

Can the link for the last slide be dropped in the chat?


2026-01-20 11:54:58 From Kendra Thurman to Everyone:

Full Intimidation Checklist:

<http://www.houseofpeacepubs.com/wp-content/uploads/2025/03/Using-Intimidation-2025.docx>

2026-01-20 11:55:06 From Brooke Shepherd to Everyone:

Thank you Kendra!

Kendra Thurman: 

2026-01-20 11:55:19 From Melissa Parker to Everyone:

Replying to "Can the link for the last slide be dropped in the ...":

All of the slides are on the course webpage with the replays.

2026-01-20 11:56:01 From KAMILLA to Everyone:

Jane Monckton Smith - "In Control: Dangerous Relationships and How They End in Murder". <https://a.co/d/c8LwVMr>

2026-01-20 11:56:13 From Kendra Thurman to Everyone:

Full Threats & Coercion Checklist:

<https://www.houseofpeacepubs.com/wp-content/uploads/ipv-assess/Threats%20and%20Coercion%20Coercive%20Control%20Tactics%20rev-1.docx>

2026-01-20 11:56:28 From KAMILLA to Everyone:

LAP – Lethality Assessment Program

Danger (Lethality) Assessment <https://www.dangerassessment.org/>

2026-01-20 11:56:53 From Alisha M to Everyone:

Alisha-GA

2026-01-20 11:57:20 From Tansil Sandlin to Everyone:

QUESTION: Can they begin threatening divorce and suicide early in the relationship to gain control?

2026-01-20 11:57:41 From Melissa Parker to Everyone:

Replying to "QUESTION: Can they begin threatening divorce and ...":

Yes.

2026-01-20 11:58:10 From Kendra Thurman to Everyone:

Replying to "Thank you Kendra!":

@Brooke Shepherd - The slides are also available from the course webpage. When you click on that link, all the links contained in them are "live."

2026-01-20 11:58:12 From Tansil Sandlin to Everyone:

QUESTION: Can they be disinterested in sex and actually deny sex to control?

Discussed live

2026-01-20 11:58:23 From Gemma Frederick to Everyone:

It's been 6 yrs since I got out but you're reading my mail. Thank for healthy feedback.

2026-01-20 11:58:24 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Can they be disinterested in sex and ac...":
Absolutely!!

2026-01-20 11:58:29 From Brooke Shepherd to Everyone:

Replying to "Thank you Kendra!":
Thank you!
Kendra Thurman: 😊

2026-01-20 11:58:34 From Tansil Sandlin to Everyone:

Replying to "QUESTION: Can they begin threatening divorce and ...":
Thank you

2026-01-20 11:58:51 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Can they be disinterested in sex and ac...":
That is another common tactic, especially if they are viewing/engaging in pornography or other infidelity.

2026-01-20 11:58:51 From Tansil Sandlin to Everyone:

Replying to "QUESTION: Can they be disinterested in sex and ac...":
@Tabitha Westbrook Thank you

2026-01-20 11:59:17 From KAMILLA to Everyone:

C-PTSD - Complex Post-Traumatic Stress Disorder

2026-01-20 11:59:18 From Tansil Sandlin to Everyone:

Replying to "QUESTION: Can they be disinterested in sex and ac...":
@Tabitha Westbrook YES! Pornography...that makes sense. Thank you!

2026-01-20 11:59:23 From Keri Drowatzky to Everyone:

Keri Drowatzky here. Sorry so late.

2026-01-20 11:59:24 From Brooke Shepherd to Everyone:

The sad thing is when the professionals don't see it. Instead she gets diagnosed with another diagnosis that helps the abuser.

Kendra Thurman, Shelly Blankenship: 🙌
Kathy Ross, Nichelle i: 😞

2026-01-20 11:59:58 From Tabitha Westbrook to Everyone:

Replying to "The sad thing is when the professionals don't see ...":
Some of us professionals are trying to educate the others!! You are so right about this!

Stephanie Ford: ❤️

Jolene Underwood: ❤️

Kendra Thurman, Shelly Blankenship: 💜

Jolene Underwood: 🙌

2026-01-20 12:01:02 From Kendra Thurman to Everyone:

This is exactly why "joint marriage counseling" is contraindicated (dangerous) in these types of cases.

Dawn Jones: 💜

2026-01-20 12:01:04 From Brooke Shepherd to Everyone:

Replying to "The sad thing is when the professionals don't see ...":
Sometimes when you as a biblical counselor try to advocate for her it falls on deaf ears. Hoping to better learn tools that will be better respected and considered by the professionals

Shelly Blankenship: 💜

2026-01-20 12:02:05 From Tabitha Westbrook to Everyone:

Replying to "The sad thing is when the professionals don't see ...":
@Brooke Shepherd We are trying to educate them, too!! (I have been graciously invited to train many of them with Fieldstone Counseling and Gospel Care Collective).

Nichelle i: ❤️

Kendra Thurman, Shelly Blankenship: 💜

2026-01-20 12:02:06 From BONITA LOVE to Everyone:

QUESTION I have a mentee who's verbally abusive husband is threatening to take the kids and tell her work that she has been unfaithful, and she works at Christian based facility... now he has offered to help her when she moves out this month. I am very concerned. Do you agree he sounds dangerous?

2026-01-20 12:02:17 From Kathy Miller to Everyone:

Kathy Miller- NE Ohio.. coming in late

2026-01-20 12:02:40 From Sharon Flynn to Everyone:

Replying to "QUESTION: Tabitha, Where can I get more info about...":
A common non- verbal threat is Punching holes in the wall—communicates “ this could be your face!”

2026-01-20 12:02:51 From Brooke Shepherd to Everyone:

Replying to "The sad thing is when the professionals don't see ...":
Grateful for the work you have and are doing!
Shelly Blankenship: 🙌

2026-01-20 12:03:23 From Brooke Shepherd to Everyone:
Replying to "QUESTION: Tabitha, Where can I get more info about...":
This!

2026-01-20 12:03:28 From Tabitha Westbrook to Everyone:
Replying to "QUESTION I have a mentee who's verbally abusive hu...":
Yes, that sounds dangerous.

2026-01-20 12:03:55 From Becky Webb to Everyone:
Yes, not engaging in certain acts for safety reasons, is taken as 'withholding'.

2026-01-20 12:03:58 From Tabitha Westbrook to Everyone:
Replying to "QUESTION: Tabitha, Where can I get more info about...":
@Sharon Flynn Yep. But that's not even necessary. The overall climate of power and control and demeaning harms the brain.

2026-01-20 12:04:27 From Jolene Underwood to Everyone:
Threats activate core fears and beliefs and add to confusion.
Dawn Jones, Heather Martin: 💜

2026-01-20 12:05:00 From Tabitha Westbrook to Everyone:
Replying to "Threats activate core fears and beliefs and add to...":
And - the victim KNOWS the coercive controller means it and is capable of it.
Dawn Jones: 💜
Jolene Underwood, Heather Martin: 🙌

2026-01-20 12:05:13 From Kendra Thurman to Everyone:
Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

2026-01-20 12:05:20 From Tabitha Westbrook to Everyone:
Replying to "Yes, not engaging in certain acts for safety reason...":
Correct. I have a whole podcast on that, too.

2026-01-20 12:05:58 From Becky Webb to Everyone:
Replying to "Yes, not engaging in certain acts for safety reason...":
thanks, i will check that one out

2026-01-20 12:06:38 From BONITA LOVE to Everyone:
Replying to "QUESTION I have a mentee who's verbally abusive hu...":

Thanks, I just got an advocate for her... would you recommend anything else?

2026-01-20 12:06:52 From Tabitha Westbrook to Everyone:

Replying to "Yes, not engaging in certain acts for safety reason...":

<https://podcasts.apple.com/us/podcast/sex-power-and-abuse-why-refusing-intimacy-isnt-punishment/id1787874485?i=1000684681930>

2026-01-20 12:07:09 From Tabitha Westbrook to Everyone:

Replying to "Remember to take good care of yourself - if you ar...":

You are the only you that you have!

2026-01-20 12:07:24 From Tabitha Westbrook to Everyone:

Replying to "QUESTION I have a mentee who's verbally abusive hu...":

I think that's the best place to start!

BONITA LOVE: ❤️

2026-01-20 12:07:30 From Jolene Underwood to Everyone:

Advocates can help survivors step back from threats made to gain perspective and more clearly identify real potential harm vs. how the body & mind experience the threat.

Even when the harm potential is likely, the body's response can make it more difficult to navigate. Advocates can support decision making.

Tabitha Westbrook, Dr. Jessica Evans, Heather Martin, BONITA LOVE, Dawn Jones: ❤️

2026-01-20 12:09:33 From Sheri Faber Ohio to Everyone:

I was (for the most part) not allowed to talk on the phone however I was expected to answer the phone and not tell them that I was not allowed to talk. So I had to get rid of them without expanding.

2026-01-20 12:09:42 From Kendra Thurman to Everyone:

Full Isolation Checklist:

<http://www.houseofpeacepubs.com/wp-content/uploads/2025/03/Using-Isolation-2025.docx>

2026-01-20 12:10:02 From Dr. Jessica Evans to Everyone:

Replying to "Full Isolation Checklist: http://www.houseofpeacep...":

Note this will be a download of a document

2026-01-20 12:10:50 From Kendra Thurman to Everyone:

...or, he takes the vehicle with all the kids' car seats when he goes to work.

2026-01-20 12:11:06 From Tabitha Westbrook to Everyone:

Replying to "...or, he takes the vehicle with all the kids' car...":

Or takes out the battery when he goes to work...

2026-01-20 12:11:31 From LeeAnn Howarth to Everyone:

?? Do you have suggested resources to apply these topics to a mission field, where women and children face sex trafficking or terrorist regimes?

2026-01-20 12:11:35 From Corrine Petit to Everyone:

Replying to "...or, he takes the vehicle with all the kids' car..":

Or "accidentally" takes both sets of the vehicle keys with him to work.

2026-01-20 12:12:21 From JUDITH VADER to Everyone:

Recently a survivor I am working with locally, went through intake with CTPM (I suggested it) and just yesterday I communicated with the wonderful woman she talked to and there was such a great sense of community. (Terri/Terry? Newel. A shoutout to her and ALL involved with CTPM. Plus, the beautiful partnership with House of Peace/Dr. Deb.

Dusty Lewis, Dawn Jones: ❤️

2026-01-20 12:12:36 From Kendra Thurman to Everyone:

They (the early church) devoted themselves to the apostles' teaching, to the fellowship, to the breaking of bread, and to prayer. (Acts 2:42)

2026-01-20 12:18:08 From Kendra Thurman to Everyone:

This is another place the Church can shine:

Help her write a resume.

A business owner may offer her a part-time/temporary job.

Lots of other ways members of the Body can help!

Dawn Jones, Dusty Lewis, Tabitha Westbrook: ❤️

Jolene Underwood, Heather Martin: ❤️

2026-01-20 12:18:13 From Kendra Thurman to Everyone:

But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever. (1 Tim. 5:8)

2026-01-20 12:18:21 From Kathy Ross to Everyone:

My husband has been giving money to our kids and pressuring me to go along.

2026-01-20 12:18:38 From Janet Kelly to Everyone:

Sometimes we don't realize we are living with an unbeliever

Kathy Ross: 👍

Tabitha Westbrook: 🙏

2026-01-20 12:18:55 From Johanna Dempster to Everyone:

Yes

2026-01-20 12:19:29 From Jolene Underwood to Everyone:

Replying to "I was (for the most part) not allowed to talk on t...":
What a "between a rock and a hard place" experience for you.
Sheri Faber Ohio: 👍

2026-01-20 12:19:43 From Kendra Thurman to Everyone:

Full Economic/Financial Abuse Checklist:
<http://www.houseofpeacepubs.com/wp-content/uploads/2025/03/Using-Economic-CC-2025.docx>

2026-01-20 12:20:02 From Debbie Zibolski to Everyone:

A woman I was helping had her driving a car with completely bald tires. So dangerous and he had to know.

2026-01-20 12:21:00 From Debbie Zibolski to Everyone:

The day we went together and she bought a car was a big day.
Tabitha Westbrook, Dusty Lewis, Tansil Sandlin, BONITA LOVE: ❤️

2026-01-20 12:21:13 From Janet Kelly to Everyone:

My premature baby needed special formula that "we" could not afford. I found out later he had a ton of hidden money.

Kathy Ross, Deborah Stahl Waters: 😞
BONITA LOVE, Kendra Thurman, Jolene Underwood: 😞
Johanna Dempster, Tansil Sandlin: 😞

2026-01-20 12:22:01 From Kendra Thurman to Everyone:

... or he logs into her computer and submits "her resignation" for her.

2026-01-20 12:22:50 From Tabitha Westbrook to Everyone:

Replying to "... or he logs into her computer and submits "her ...":
Seen that. Or sets up online dating profiles to make it look like she's cheating... In fact, there is a murder case where that is alleged in Fairfax, VA.

Dusty Lewis: 😞
Kendra Thurman: 😞

2026-01-20 12:23:37 From Jennifer Placke to Everyone:

Question:

I'm a Liberty University Clinical Mental Health Counseling Intern. I'm taking this training to be more equipped and better support my current client load. I have a couple of questions about two of my clients I'm concerned for. I'm not sure if the behaviors I'm hearing about from my clients are more "yellow flags" or "red flags." Who should I send my questions to?

Thank you for any help you can provide!
-Jenn

We will also be getting into content on red flags in our courses

2026-01-20 12:23:40 From Kendra Thurman to Everyone:

This is some heavy stuff!

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

Dusty Lewis, Joy Parks, Dr. Jessica Evans: ❤️

Dusty Lewis: 💜

2026-01-20 12:23:57 From Becky Webb to Everyone:

Replying to "My premature baby needed special formula that "we"..":
big hugs. i hear you on this in similar ways.

2026-01-20 12:24:29 From Tabitha Westbrook to Everyone:

Replying to "Question: I'm a Liberty University Clinical Mental...":

I do consults if you need one. I'm an LU grad.

2026-01-20 12:24:31 From Ann Allen to Everyone:

What about if he is sole income earner he doesn't have the right to put in an account with us having no access so why should us as women be treated differently and have right to put in our name with them having no access?

2026-01-20 12:24:45 From Tabitha Westbrook to Everyone:

Replying to "This is some heavy stuff! Remember to take good ca...":

You are the only you that you have!

Kendra Thurman: 💜

2026-01-20 12:24:46 From Janet Kelly to Everyone:

our pediatrician was also the school district doctor. My ex was the superintendent.

Robin Clark: 😞

2026-01-20 12:25:37 From Jennifer Placke to Everyone:

Replying to "Question: I'm a Liberty University Clinical Mental...":

Awesome! That would be so helpful! How much would a consult be for an intern? Go Flames!

2026-01-20 12:26:06 From Tabitha Westbrook to Everyone:

Replying to "Question: I'm a Liberty University Clinical Mental...":

Reach out to my admin, Jess. She's at info@thejourneyandtheprocess.com . I offer a big discount to students!

2026-01-20 12:26:25 From Dr. Jessica Evans to Everyone:

Replying to "?? Do you have suggested resources to apply thes...":

We will touch on the topic of trafficking in some other courses, though not in depth. The power dynamics and tactics we discuss apply in the scenarios you're talking about. I suggest searching online for organizations specifically focused on outreach to those being trafficked and resources aimed specifically at these populations.

2026-01-20 12:26:26 From Jennifer Placke to Everyone:

Replying to "Question: I'm a Liberty University Clinical Mental...":

Will do! Thank you!

Tabitha Westbrook: 

2026-01-20 12:26:45 From Becky Webb to Everyone:

Yes, recently been threatened my vehicle being taken away because I brought up potentially stopping working for our business for the sake of being more intentional for our marriage as working together has been challenging - ie: him making risky choices, having inappropriate relationships with clients, withholding information, being controlling etc. The thing is, in late highschool I was homeless a for a few years and have been totally fine to ride bikes or take the bus. God has always provided and I don't have fear in his threats. He's just revealing more and more of himself.

2026-01-20 12:28:13 From BONITA LOVE to Everyone:

Replying to "This is some heavy stuff! Remember to take good ca...":

Yes, I started tearing up because I just heard concrete information that gave me a peek into how my son could have ended up if I hadn't taken him away from his abusive father. So scary.

2026-01-20 12:28:30 From Tamara "Tammy" Howard to Everyone:

We had that threat and couldn't use evidence in court

2026-01-20 12:28:36 From Tracy Zimmerman to Everyone:

Please NEVER retire Dr. Debra!!!

2026-01-20 12:30:13 From Tamara "Tammy" Howard to Everyone:

money

2026-01-20 12:31:01 From JUDITH VADER to Everyone:

Replying to "Please NEVER retire Dr. Debra!!!":

I get your response, Dr. Deb. We are close in age and, honestly, I am thankful God has allowed me to have true "purpose"; I'm not in a nursing home. I can drive. I can think. And I am so grateful for God's design on my life.

2026-01-20 12:31:03 From Kendra Thurman to Everyone:

Full Using the Children Checklist:

<http://www.houseofpeacepubs.com/wp-content/uploads/2025/03/Using-Children-CC-2025.docx>

2026-01-20 12:31:27 From Shelly Blankenship to Everyone:

Replying to "What about if he is sole income earner he doesn't ...":

There is a difference between someone not allowing access to their accounts as a way of coercively controlling another person (what an abuser does) vs. someone protecting themselves from a coercive controller who will use their financial resources against them (what a victim/survivor does).

Dr. Jessica Evans: 👍

Jolene Underwood: 👍

2026-01-20 12:31:39 From KAMILLA to Everyone:

Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”

<https://a.co/d/0NrXPKE>

2026-01-20 12:33:05 From BONITA LOVE to Everyone:

I don't understand why, after 33 years and incredible healing from God, I'm sitting here and have tears filling my eyes and flashbacks that are really affecting me. I'm very surprised.

Nichelle i: 😞

Linda Schreuders, Nichelle i, Dusty Lewis, Johanna Dempster, Beatrice Johanna, Heather Martin, Dr. Jessica Evans: 🙏

2026-01-20 12:33:28 From Tabitha Westbrook to Everyone:

Replying to "I don't understand why, after 33 years and incredi...":

Because trauma is held in our cells and sometime it bubbles up.

Beatrice Johanna, Tracy Zimmerman, BONITA LOVE: ❤️

Nichelle i: 😞

2026-01-20 12:33:55 From Tabitha Westbrook to Everyone:

Replying to "I don't understand why, after 33 years and incredi...":

It doesn't mean you haven't been healing. It means, often, that you are human, and to hear things that resonate deeply will bring up all the feels and reminders.

BONITA LOVE, Jolene Underwood: ❤️

Dusty Lewis, Nichelle i, Heather Martin: 💜

2026-01-20 12:34:17 From Kendra Thurman to Everyone:

Replying to "I don't understand why, after 33 years and incredi...":

... and you're realizing you're not alone and you weren't "crazy."

Kelly Nussbaum: 🙌

Beatrice Johanna, Nichelle i, Tracy Zimmerman, BONITA LOVE: ❤️

Tabitha Westbrook, Heather Martin: 🙏

2026-01-20 12:34:34 From KAMILLA to Everyone:

Dr. Debra and Dr. Jess can be reached at: faith.advocacy8@gmail.com

2026-01-20 12:34:47 From Jaime Meunier to Everyone:

It would be great to know how to protect our children. Those 4 Cs are used on them too and I feel helpless so often. Trying to be calm and consistent even when the other parent throws things for a loop and uses courts to cloud and pressure us. So hard to hear these things sometimes. <3

2026-01-20 12:34:50 From KAMILLA to Everyone:

Evan Stark – “Children of Coercive Control” <https://a.co/d/jdric43>

2026-01-20 12:35:13 From Keri Drowatzky to Everyone:

At what age do the children finally catch onto what the bio/ stepfather figures are doing? My hairdresser's oldest son knows his dad. His father bought him a brand new car last summer, giving the keys to the son. The son threw the keys back in the car and turned away from him. He's 18. Tara is a good mother. Her kids are very important to her.

Beatrice Johanna:👍

2026-01-20 12:35:28 From Kendra Thurman to Everyone:

A grounding break is coming! 🙏

Beatrice Johanna:👏

2026-01-20 12:35:36 From Kelly Nussbaum to Everyone:

Does the book talk about coercive control from parents only?

2026-01-20 12:36:08 From KAMILLA to Everyone:

Chandora Warren. “Death By A Thousand Cuts” <https://a.co/d/i8hjXYi>

2026-01-20 12:36:18 From BONITA LOVE to Everyone:

Replying to "I don't understand why, after 33 years and incredi...":

Thanks to all of you!

Tabitha Westbrook:❤️

2026-01-20 12:36:48 From Kathy Ross to Everyone:

Subjugation in the term of being subservient showed up on my brain scan. I am recovering from childhood and adult trauma.

2026-01-20 12:37:53 From Dr. Jessica Evans to Everyone:

Replying to "Does the book talk about coercive control from par...":

The focus is on family context where a caregiver is the perpetrator. The scope focuses on impacts on mom and child.

2026-01-20 12:38:35 From Jolene Underwood to Everyone:

Replying to "What about if he is sole income earner he doesn't ...":

Responding with steps to protect and provide for yourself (& kids) is different than controlling actions over another person.

Choosing to put money inside as someone who's experiencing coercive control can be a step made from wisdom and stewardship. It could also be done as a reaction that isn't helpful


2026-01-20 12:38:53 From Kelly Nussbaum to Everyone:

Replying to "Does the book talk about coercive control from par..":

Mine was an older sibling. I see little on this situation

2026-01-20 12:39:30 From Kendra Thurman to Everyone:

For he will save the needy when he cries for help, The afflicted also, and him who has no helper. He will have compassion on the poor and needy, And he will save the lives of the needy. He will rescue their life from oppression and violence, And their blood will be precious in his sight... (Psalm 72:12 - 14)

Beatrice Johanna: 

2026-01-20 12:39:30 From Ladonna Hafen to Everyone:

Replying to "What about if he is sole income earner he doesn't ...":

Anecdotally, you can see the difference in how these funds are used. For example, I had a client whose husband would pay the bills but not provide enough money for her to have gas to go to their school co-op or get winter appropriate clothing from the thrift for their children yet he would come home with new brand name clothing or a new snowmobile.

She eventually got a job and kept her finances in a separate account and used that money to pay bills, provide clothing for her children, gas money to go to activities that expanded her kids' world.

2026-01-20 12:40:26 From Nichelle i to Everyone:

ME TOO!!!

Andrea Kanfield: 

2026-01-20 12:41:39 From Stephanie Ford to Everyone:

Replying to "Does the book talk about coercive control from par..":

I also would be interested in more info on coercive control dynamics in other relationships- Older sibling to younger and adult child to mother are the 2 I'm seeing currently.

2026-01-20 12:41:39 From Nichelle i to Everyone:

It's hard when our churches DON'T WANT the training!!

2026-01-20 12:41:48 From KAMILLA to Everyone:

CTPM PROTECT THE FLOCK churchpartners@calledtopeace.org

Kathy Ross, Heather Martin: ❤️

2026-01-20 12:41:58 From Tansil Sandlin to Everyone:

Two ppl from his (my former) church showed up to court on his behalf concerning visitation.

Robin Clark: 😞

2026-01-20 12:42:08 From Kendra Thurman to Everyone:

Replying to "CTPM PROTECT THE FLOCK churchpartners@calledtop...":

<https://calledtopeace.org/help-me-with-my-church/>

2026-01-20 12:42:25 From Kelly Nussbaum to Everyone:

Replying to "Does the book talk about coercive control from par...":

yep mine turned into controlling all siblings and parents in adulthood because the groundwork was laid in the home first. Finally all are seeing truth

2026-01-20 12:42:26 From Dr. Jessica Evans to Everyone:

Replying to "Does the book talk about coercive control from par...":

I imagine it's hard to feel like that specific relationship isn't discussed much. We know that power and control can certainly be used by one sibling over/against another. The dynamics and tactics that we describe can apply in other relationships (non intimate partner).

Kelly Nussbaum, Stephanie Ford: 👍

2026-01-20 12:43:06 From Nichelle i to Everyone:

Oh my grounding break peace has now been disrupted!!

2026-01-20 12:43:09 From Kathy Ross to Everyone:

Patriarchal mindset is damaging in the church.

Nichelle i: 😡

2026-01-20 12:43:35 From Kendra Thurman to Everyone:

How it must break the heart of God that His Word is misinterpreted/ misapplied to harm the vulnerable. 😞

2026-01-20 12:44:35 From Becky Webb to Everyone:

Yes, and saying that prayer is 'just as intimate an act as 'bedroom activities' so that's why he won't pray together with his wife when she asked unless there is more of that.

2026-01-20 12:44:41 From Crissi Lyerly to Everyone:

How should I view my husband receiving church discipline?

2026-01-20 12:45:09 From Brooke Shepherd to Everyone:

Oh the Lords anointed one gets me. Its a blessing when they finally say it outloud - helps bring a lot of clarity!

Jolene Underwood: ❤️

2026-01-20 12:45:15 From KAMILLA to Everyone:

Darby Strickland gives a good example of healthy conflict and then unhealthy conflict in this blog post that is an excerpt from her book.

<https://christiancounseling.com/blog/abuse/the-dynamics-of-domestic-abuse/>

Dr. Jessica Evans: ❤️

Jolene Underwood: ❤️

2026-01-20 12:45:48 From Jolene Underwood to Everyone:

Replying to "Yes, and saying that prayer is 'just as intimate a...":

Oy. Such a distorted expectation.

2026-01-20 12:46:01 From Dr. Jessica Evans to Everyone:

Replying to "How should I view my husband receiving church disc...":

May be helpful to speak with church partners

2026-01-20 12:46:25 From Brooke Shepherd to Everyone:

I would love it if we spent more time on the church discipline piece!

2026-01-20 12:46:29 From Jolene Underwood to Everyone:

Replying to "How it must break the heart of God that His Word i...":

Amen

2026-01-20 12:47:09 From Becky Webb to Everyone:

Replying to "Yes, and saying that prayer is 'just as intimate a...":

for sure. and a low key threat type feeling to it and conditional/transactional?

2026-01-20 12:47:13 From Kendra Thurman to Everyone:

Full Spiritual Abuse Checklist: (download)

<http://www.houseofpeacepubs.com/wp-content/uploads/2025/03/Using-Spiritual-Coercive-Control-2025.docx>

2026-01-20 12:47:33 From Shelly Blankenship to Everyone:

Tabi: "The sword of the Spirit is not supposed to be used to stab someone else." 🙏

Kendra Thurman, Andrea Kanfield: 🙏

2026-01-20 12:47:52 From Heather Martin to Everyone:

Question: Can someone reshare what Tabi just quoted out of her book please?

2026-01-20 12:48:00 From KAMILLA to Everyone:

You can check out Joy Forrest's blog on Submission:

<https://joyforrest.wordpress.com/2014/02/26/biblical-headship-and-submission-in-emotionally-abusive-marriages/>

Tabitha Westbrook: ❤️

2026-01-20 12:48:50 From Kathy Ross to Everyone:

There are varying degrees of spiritual abuse in churches.

2026-01-20 12:48:53 From Amy Marcum to Everyone:

Replying to "How should I view my husband receiving church disc...":

Yes,

They will be helpful.

2026-01-20 12:49:06 From Jolene Underwood to Everyone:

Spiritual abuse involves a lot of distorted views and manipulative tactics that get tangled up with perspectives on how you see God, self, and others.

God is who his is, which is defined by God. God's goodness, character, and design for good in and through us does not change because someone distorts principles.

Kathy Ross, Andrea Kanfield, Becky Webb, Kendra Thurman, Dawn Jones, Tabitha Westbrook: ❤️

2026-01-20 12:49:46 From Dr. Jessica Evans to Everyone:

Replying to "Question: Can someone reshare what Tabi just quote...":

About having your right and good faith used against you?

Heather Martin: 👍

2026-01-20 12:50:01 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":

I had one of my pastor's tell me that if your husband kills you what worse can happen as you will be in heaven. I told my main pastor what he said and he told me that I was being too emotional and that he did not mean it the way he said it. I told him that it can only be taken one way. Yes, I got disciplined for calling out what the other pastor said to me.

Kathy Ross, Kendra Thurman, Shelly Blankenship, Andrea Kanfield: 😞

2026-01-20 12:50:07 From Dr. Jessica Evans to Everyone:

Replying to "Question: Can someone reshare what Tabi just quote...":

@Tabitha Westbrook

2026-01-20 12:50:51 From Becky Webb to Everyone:

"he has some ideas I don't share" good take away. will be using that

Jaime Meunier: 👍

Kendra Thurman: 🙌

2026-01-20 12:50:51 From Jolene Underwood to Everyone:

Replying to "How it must break the heart of God that His Word i...":

@BobbiJo Bruno Just no! I'm so sorry. That says more about his beliefs than the truth of how God sees you.

2026-01-20 12:51:09 From Kendra Thurman to Everyone:

"Son of man, prophesy against the shepherds of Israel, prophesy and say to them, 'Thus says the Lord God to the shepherds: Woe to the shepherds of Israel who feed themselves! Should not the shepherds feed the flocks? You eat the fat and clothe yourselves with the wool; you slaughter the fatlings, but you do not feed the flock. The weak you have not strengthened, nor have you healed those who were sick, nor bound up the broken, nor brought back what was driven away, nor sought what was lost; but with force and cruelty you have ruled them.'" (Ezek. 34:2-4)

2026-01-20 12:51:44 From Crissi Lyerly to Everyone:

Replying to "How should I view my husband receiving church disc...":

Even in my own mind, I am doing DARVO for him...

I know church discipline for him is the right thing but I can see him possibly making himself the victim and that I am doing so much harm to him... this was coming up as Tabby was sharing how these things can be harmfully used against the actual victim.

2026-01-20 12:51:44 From Tamara "Tammy" Howard to Everyone:

what was the Eph verse? TY


2026-01-20 12:51:48 From Jolene Underwood to Everyone:

Replying to "How it must break the heart of God that His Word i...":

I'm so sorry you experienced that. That is NOT the heart of God.

2026-01-20 12:52:18 From LeeAnn Howarth to Everyone:

amen

Heidi Johnson: 

2026-01-20 12:52:28 From Kendra Thurman to Everyone:

Replying to "How it must break the heart of God that His Word i...":

What does that pastor do with the book of James, which was written to the church that was fleeing to safety/to avoid persecution?

Tabitha Westbrook: 

2026-01-20 12:52:33 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":

Yes, I am glad I left that place. Very unbiblical, I got mocked and shamed and made fun of by my pastors. They told me that they had to crush me for my own good. I told them you do not crush a crushed woman,

2026-01-20 12:53:05 From BONITA LOVE to Everyone:

Replying to "How it must break the heart of God that His Word i...":

I'm so sorry! That's horrible! I went through so much abuse from my pastors when I was being beaten at home, so I get it.

2026-01-20 12:53:14 From KAMILLA to Everyone:

Rebecca Davis – "Untwisting Scriptures." <https://a.co/d/aJJQ4k>

2026-01-20 12:53:21 From JUDITH VADER to Everyone:

Tabi, I can totally relate! I was in leadership with Women's leadership when things were happening in my marriage; my husband was respected by many and very active also. But...so thankful for how God worked in the midst of it all. Right now, in real time, all 3 of the women on my ministry team (including me - on again) are on THIS class.

Beatrice Johanna, Dawn Jones, Tabitha Westbrook: ❤️

2026-01-20 12:53:33 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":

They do not care. They twist the Scriptures on me. I pointed them to Scripture and they told me that I am wrong.

2026-01-20 12:53:53 From Kathy Ross to Everyone:

God's love is misrepresented with spiritual abuse.

Jolene Underwood, Nichelle i, Kendra Thurman: 🙏

2026-01-20 12:54:26 From Becky Webb to Everyone:

what Bible book did Tabi just mention again?

2026-01-20 12:54:40 From Jolene Underwood to Everyone:

Replying to "How should I view my husband receiving church disc...":

If a CC person is not taking their own responsibility, it does not shift responsibility to you.

You can care about someone without carrying FOR them (on their behalf). Not easy to do, but life giving.

2026-01-20 12:54:42 From Melissa Parker to Everyone:

Preach, Tabi!

Dawn Jones, Andrea Kanfield, Tabitha Westbrook: ❤️

2026-01-20 12:54:42 From Kendra Thurman to Everyone:

Isaiah 58:5-10

Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.

2026-01-20 12:54:45 From Brooke Shepherd to Everyone:

@Tabitha Westbrook I had been wondering about using a children's storybook bible! Do you have a link for a specific one you have liked?

Tabitha Westbrook: 

2026-01-20 12:54:45 From Heidi Johnson to Everyone:

Replying to "what Bible book did Tabi just mention again?":

The Jesus Storybook Bible?

Becky Webb, Debbie Doyle: 

2026-01-20 12:54:50 From Kendra Thurman to Everyone:

Replying to "Isaiah 58:5-10 Is this the kind of fast I have c...":

“If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

2026-01-20 12:54:58 From Tamara "Tammy" Howard to Everyone:



2026-01-20 12:55:07 From BobbiJo Bruno to Everyone:


Replying to "How it must break the heart of God that His Word i...":

Bonita, Thank you. My pastors were very arrogant, thought they were above me. I am sorry you went through that also.

2026-01-20 12:55:40 From Ladonna Hafen to Everyone:

Replying to "what Bible book did Tabi just mention again?":

Yes, that's the one. I could only read that for a few years myself.

Becky Webb, Joy Parks: 

2026-01-20 12:55:56 From Kendra Thurman to Everyone:

Replying to "what Bible book did Tabi just mention again?":

https://www.christianbook.com/jesus-storybook-bible-every-story-whispers/sally-lloyd-jones/9780310708254/pd/708257?en=google&event=SHOP&kw=children-0-20%7C708257&p=1179710&utm_source=google&p=1229913&dv=c&cb_src=google&cb_typ=shopping&cb_cmp=233748492&cb_adg=14846229612&cb_kyw=&utm_medium=shopping&gad_source=1&gad_campaignid=233748492&gbraid=0AAAAAD_dTHaQtVMhUDd8WDFv_zvkQArZ7&gclid=CjwKCAiA7LzLBhAgEiwAjMWzCI3gNhveR0-XYEd_0k9s97g4PaggWmejz-ac_IH9JnaL36gNbPbHVhoCYOEQAvD_BwE

Becky Webb: ❤️

2026-01-20 12:56:08 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook I had been wondering about usin...":

The one Kendra showed - [The Jesus Storybook Bible](#)

Tracy Zimmerman: ❤️

2026-01-20 12:56:16 From KAMILLA to Everyone:

Chandora Warren. "Death By A Thousand Cuts" <https://a.co/d/i8hjXYi>

2026-01-20 12:56:16 From Greta Pouliot to Everyone:

Amen!!!!

2026-01-20 12:56:23 From Beth Burke to Everyone:

Thanks Tabi!

Tabitha Westbrook: ❤️

2026-01-20 12:56:27 From Kendra Thurman to Everyone:

Replying to "@Tabitha Westbrook I had been wondering about usin...":

https://www.christianbook.com/jesus-storybook-bible-every-story-whispers/sally-lloyd-jones/9780310708254/pd/708257?en=google&event=SHOP&kw=children-0-20%7C708257&p=1179710&utm_source=google&p=1229913&dv=c&cb_src=google&cb_typ=shopping&cb_cmp=233748492&cb_adg=14846229612&cb_kyw=&utm_medium=shopping&gad_source=1&gad_campaignid=233748492&gbraid=0AAAAAD_dTHaQtVMhUDd8WDFv_zvkQArZ7&gclid=CjwKCAiA7LzLBhAgEiwAjMWzCI3gNhveR0-XYEd_0k9s97g4PaggWmejz-ac_IH9JnaL36gNbPbHVhoCYOEQAvD_BwE

2026-01-20 12:56:28 From BONITA LOVE to Everyone:

Replying to "How it must break the heart of God that His Word i...":

Yes, that is so familiar. Thank you. I'll pray for you.

2026-01-20 12:56:50 From Anna Friesen to Everyone:

Appreciate your passion Tabitha!!

Tabitha Westbrook, Dr. Jessica Evans: ❤️

Kendra Thurman: 🙏

2026-01-20 12:56:54 From Tabitha Westbrook to Everyone:

Replying to "Question: Can someone reshare what Tabi just quote..":

Spiritual abuse is taking someone's good and right devotion to God and using it as weapon against them.

Dawn Jones, Nichelle i, Heather Martin: ❤️

2026-01-20 12:57:25 From Tabitha Westbrook to Everyone:

Replying to "what was the Eph verse? TY":

From Ephesians 5

2026-01-20 12:57:47 From Tabitha Westbrook to Everyone:

Replying to "God's love is misrepresented with spiritual abuse.":

VERY MUCH

2026-01-20 12:57:56 From Heather Martin to Everyone:

Replying to "Question: Can someone reshare what Tabi just quote..":

@Tabitha Westbrook thank you! I have your book, I could have just asked the page.

;-) Thank you!!

Tabitha Westbrook, Joy Parks: ❤️

2026-01-20 12:58:09 From KAMILLA to Everyone:

Intimate Partner Sexual Violence (IPSV) Webinar

<https://www.houseofpeacepubs.com/intimate-partner-sexual-violence>

Joy Parks: 👍

2026-01-20 12:58:20 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":

Bonita, Thank you! I am doing fine now. I left that church 4 months ago and my husband got saved. My new Pastor Dan is so humble and compassionate. I feel like i left prison and now thriving in my ew church!! Praise God!!!

Jolene Underwood: ❤️

2026-01-20 12:58:46 From Tabitha Westbrook to Everyone:

Replying to "Question: Can someone reshare what Tabi just quote..":

I don't even know what page it's on! LOL. But I do know it's in there!

Heather Martin: 😊

2026-01-20 12:58:59 From Jolene Underwood to Everyone:

Replying to "How it must break the heart of God that His Word i...":

@BobbiJo Bruno I love that for you!

2026-01-20 12:59:09 From BONITA LOVE to Everyone:

Replying to "How it must break the heart of God that His Word i...":

Praise God!!!!

2026-01-20 12:59:17 From KAMILLA to Everyone:

Replying to "Question: Can someone reshare what Tabi just quote...":

Tabitha Westbrook – “Body and Soul, Healed and Whole: An Invitational Guide to Healthy Sexuality After Trauma, Abuse, and Coercive Control

2026-01-20 12:59:22 From Becky Webb to Everyone:

Refusing to let you sleep when working night shifts. Refusing to take the kids out of the house even when she begs him to to sabotage sleep and work.

2026-01-20 12:59:29 From Corrine Petit to Everyone:

QUESTION- Can the timeline form be shared again this week?

2026-01-20 12:59:42 From Kendra Thurman to Everyone:

Full Emotional Abuse Checklist (download):

<https://www.houseofpeacepubs.com/wp-content/uploads/ipv-assess/Using%20Emotional%20Abuse%20rev-1.docx>

2026-01-20 12:59:45 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":

Thank you. It is so freeing and I love church now. I almost left church forever as if I get abused at church why go.

2026-01-20 12:59:49 From Tabitha Westbrook to Everyone:

Replying to "Refusing to let you sleep when working night shift...":

Yep quite common

Becky Webb: 👍

2026-01-20 13:00:23 From Tabitha Westbrook to Everyone:

Replying to "How it must break the heart of God that His Word i...":

@BobbiJo Bruno So glad you didn't leave forever! So glad you love church now!

2026-01-20 13:00:48 From KAMILLA to Everyone:

Replying to "QUESTION- Can the timeline form be shared again th...":

Here is the updated Chart/Timeline for documenting behaviors:

<http://www.houseofpeacepubs.com/wp-content/uploads/2024/04/Timeline-of-Controlling-Events.pdf>

<http://www.houseofpeacepubs.com/wp-content/uploads/2024/04/Timeline-of-Controlling-Events.docx> (Doc downloads to your downloads file.

2026-01-20 13:00:55 From Kendra Thurman to Everyone:

Replying to "QUESTION- Can the timeline form be shared again th...":

It's also on the course webpage, just beneath the slides/handouts links: (download)

<http://www.houseofpeacepubs.com/wp-content/uploads/2024/04/Timeline-of-Controlling-Events.pdf>

Corrine Petit: 👍

2026-01-20 13:01:05 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":
Thank you Tabitha. Yes, the abuse their was horrible. But God!!!
Tabitha Westbrook: ❤️

2026-01-20 13:02:00 From Dell Scruggs to Everyone:

Silent treatment??
Kendra Thurman, Linda Schreuders: 🙌

2026-01-20 13:02:00 From BONITA LOVE to Everyone:

My abusive husband AND his father threatened to throw me into the mental hospital
I kept asking What is wrong with me? (33 years ago)
Debbie Doyle: ❤️ 🩹
Beth Burke: 😞

2026-01-20 13:02:09 From Dr. Jessica Evans to Everyone:

Replying to "Silent treatment??":
Absolutely

2026-01-20 13:02:32 From BobbiJo Bruno to Everyone:

Replying to "How it must break the heart of God that His Word i...":
Tabitha, my new Pastor Dan is against abuse, he will not stand for it. Praise God.
Tabitha Westbrook: ❤️

2026-01-20 13:02:50 From Jolene Underwood to Everyone:

Responsibility for fixing issues, managing his emotions and outcomes, and more are ways the abuse adds burden to victims that does not belong with them.

Dawn Jones: ❤️
Tabitha Westbrook, Becky Webb: 🙌

2026-01-20 13:03:24 From Becky Webb to Everyone:

and when you ask him to be accountable for his overt actions like cheating, withholding finances, name calling and threats etc, he turns that around on you as if you are being 'controlling' or 'asking too much' etc. darvo.
Dr. Jessica Evans: 👍

2026-01-20 13:03:28 From Dr. Jessica Evans to Everyone:

Replying to "My abusive husband AND his father threatened to th...":
I am sorry you ever experienced this.

2026-01-20 13:03:35 From Tabitha Westbrook to Everyone:
Replying to "How it must break the heart of God that His Word i...":
@BobbiJo Bruno Praise Jesus!!

2026-01-20 13:03:35 From Johanna Dempster to Everyone:
Replying to "Silent treatment??:
Utterly abusive

2026-01-20 13:03:51 From Tabitha Westbrook to Everyone:
Replying to "Silent treatment??:
Yep

2026-01-20 13:03:52 From Kendra Thurman to Everyone:
Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

NOTE: Please be discerning what details you share about your personal situation/history in the chat to avoid accidentally triggering another participant.
Becky Webb: 🙏

2026-01-20 13:03:53 From KAMILLA to Everyone:
Dr. Debra Wingfield. "Eyes Wide Open – Second Edition". <https://tinyurl.com/EyesWideOpen-2>

2026-01-20 13:03:55 From BobbiJo Bruno to Everyone:
Replying to "How it must break the heart of God that His Word i...":
Yes, Praise Jesus!!!!

2026-01-20 13:04:05 From Tabitha Westbrook to Everyone:
Replying to "Remember to take good care of yourself - if you ar...":
You are the only you that you have!!!!
Becky Webb: 🙏

2026-01-20 13:04:13 From Dr. Jessica Evans to Everyone:
Replying to "Silent treatment??:
Silent treatment can be/feel so punishing.

2026-01-20 13:04:31 From Debbie Zibolski to Everyone:
Trying to get him to get on medication so he's not showing up depressed

2026-01-20 13:04:38 From BONITA LOVE to Everyone:
Replying to "My abusive husband AND his father threatened to th...":
Thank you, I truly appreciate that
Dr. Jessica Evans:🙏

2026-01-20 13:04:44 From KAMILLA to Everyone:

Patricia Evans – “The Verbally Abusive Relationship”, <https://a.co/d/dnrSwF1>

Heather Martin: 👍

2026-01-20 13:04:55 From Tabitha Westbrook to Everyone:

All abuse is physical abuse unless you can take your brain out of your body and put it in a jar.

Dawn Jones, Andrea Kanfield: ❤️

Jaime Meunier, Becky Webb: 👍

Dr. Jessica Evans: 🙌

Kendra Thurman, Heather Martin: 🙌

2026-01-20 13:05:35 From Ladonna Hafen to Everyone:

It is an excellent book!

2026-01-20 13:06:38 From Janet Kelly to Everyone:

This was the very first book I read. I was so under his control that at the end of the book she says she interviewed 60+ women for the book and only four were still married. My manipulated mind thought, "maybe I can be one of the four".

Heather Martin: 👍

2026-01-20 13:07:29 From Kendra Thurman to Everyone:

Replying to "Silent treatment??:

"The Silent Treatment" functionally says, "I wish you didn't exist, so I'm going to pretend that you don't."

Dell Scruggs: 🙌

2026-01-20 13:07:44 From KAMILLA to Everyone:

Jess Hill. “See What You Made Me Do” <https://a.co/d/blMiW0t>

Dawn Jones: ❤️

2026-01-20 13:08:01 From Dawn Jones to Everyone:

Replying to "Jess Hill. “See What You Made Me Do” <https://a.co/d/blMiW0t>":

Such a great book!

2026-01-20 13:08:14 From Dell Scruggs to Everyone:

Replying to "Silent treatment??:

My abuser’s favorite tool.

Kendra Thurman, Heather Martin: 😞

2026-01-20 13:08:59 From BobbiJo Bruno to Everyone:

Replying to "My abusive husband AND his father threatened to th...":

I am so sorry Bonita, that is horrible!!!

2026-01-20 13:09:30 From Jaime Meunier to Everyone:
and we need it implemented

2026-01-20 13:09:35 From KAMILLA to Everyone:

David Mandel. "Stop Blaming Mothers and Ignoring Fathers: How to Transform the Way We Keep Children Safe from Domestic Violence". <https://a.co/d/922ftBF>

2026-01-20 13:09:44 From Kendra Thurman to Everyone:

Cursing, deceit, and violence fill his mouth; trouble and malice are under his tongue. Psalm 10:7 HCSB

Beatrice Johanna: 🙏

2026-01-20 13:09:50 From BobbiJo Bruno to Everyone:

Replying to "Silent treatment??:

@Kendra Thurman That is powerful in an evil way!!!!

2026-01-20 13:10:11 From Jolene Underwood to Everyone:

Responsibility for the problem unfairly gets put onto the victim. When a victim gains clarity & strength on what they are actually responsible for (without undue pressure or distorted applications), they have opportunities to lean into that truth as they gain strength in all areas of life.

Dawn Jones, Diane Brinkley: ❤️

2026-01-20 13:11:02 From Ladonna Hafen to Everyone:

Replying to "David Mandel. "Stop Blaming Mothers and Ignor...":

I wish I could get this book into the hands of every judge and CPS worker

2026-01-20 13:11:07 From Sandra Street to Everyone:

Hey Ladies, I know this is off topic but can everyone please pray for me tomorrow Wednesday January 21 at 1:00 I am finally having my mediation. We have a business, kids and a home. Thank you all so much!!!

Debbie Doyle: ❤️ 🍷

Beatrice Johanna: 👍

Dusty Lewis, Deborah Reece, Andrea Kanfield, Beth Burke, Heidi Johnson, Nichelle

i: 🙏

Dawn Jones, Joy Parks, Kendra Thurman, Corrine Petit, Diane Brinkley: 🙏

2026-01-20 13:11:32 From BobbiJo Bruno to Everyone:

Replying to "Responsibility for the problem unfairly gets put o...":


Yes Jolene, and a wonderful godly pastor can do so much to help you heal.

Jolene Underwood: ❤️

2026-01-20 13:12:24 From Amy Marcum to Everyone:

One day I went to my knees
Sobbing
My sweet ran and got a
Freezing cold wash rag for the back of my neck

2026-01-20 13:12:26 From Kendra Thurman to Everyone:

You might want to take a walk, snuggle a pet, take a nap, do something creative, ...
diane brinkley: 


2026-01-20 13:12:28 From Dusty Lewis to Everyone:

Replying to "Hey Ladies, I know this is off topic but can every...":
I prayed for you!!!

2026-01-20 13:12:38 From KAMILLA to Everyone:

ANNOUNCEMENT: On Saturday, January 31, 12-1 PM EST, please join us for our Q&A with Dr. Debra and the team.

Please bring any advocacy questions you want to ask.


Dr. Jessica Evans: 

Joy Parks: 

2026-01-20 13:12:47 From BobbiJo Bruno to Everyone:

And find a loving humble pastor!!!!

2026-01-20 13:12:53 From Nichelle i to Everyone:

Thank you, Tabi
Tabitha Westbrook: 

2026-01-20 13:13:26 From Conny Hubbard to Everyone:

just to clarify - I don't need to submit a summary if I am in the live class?

2026-01-20 13:13:30 From KAMILLA to Everyone:

Here is the Intake Form to request a CTPM Affiliated Advocate:

<https://docs.google.com/forms/d/e/1FAIpQLSfANtSnHfGZvsRCIhMcQt3thFLGAvLXQTnldjzHT7pWTUs5JQ/viewform>

2026-01-20 13:13:30 From Jaime Meunier to Everyone:

Is there a link that is send for the Q&A?

2026-01-20 13:13:30 From BobbiJo Bruno to Everyone:

Thank you ladies for this amazing course!!

2026-01-20 13:13:48 From Corrine Petit to Everyone:

I filled out the form for an advocate. I am hoping to hear back from someone soon.
Thank you for being part of this work.

2026-01-20 13:13:48 From Kendra Thurman to Everyone:
Replying to "just to clarify - I don't need to submit a summary...":
correct!


2026-01-20 13:13:49 From Debbie Doyle to Everyone:
Thank you friends - enjoy this lovely day today


2026-01-20 13:13:55 From Dr. Jessica Evans to Everyone:
Replying to "Is there a link that is send for the Q&A?":
Same link as regular class link!

2026-01-20 13:13:56 From Stephanie Ford to Everyone:
Thank you all so much!

2026-01-20 13:13:58 From KAMILLA to Everyone:
ANNOUNCEMENT: On Saturday, January 31, 12-1 PM EST, please join us for our
Q&A with Dr. Debra and the team.
Please bring any advocacy questions you want to ask.

2026-01-20 13:14:07 From Kate Wilson to Everyone:
THANK YOU

2026-01-20 13:14:21 From Jaime Meunier to Everyone:
Replying to "Is there a link that is send for the Q&A?":
Thanks!
Dr. Jessica Evans: 

2026-01-20 13:14:32 From Brooke Shepherd to Everyone:
Hi Kendra! Love your background!
Kendra Thurman: 

2026-01-20 13:14:43 From Andrea Kampen to Everyone:
Replying to "ANNOUNCEMENT: On Saturday, January 31, 12-1 PM ES...":
will this be recorded?

2026-01-20 13:14:55 From Kim Brown to Everyone:
Thank you!!!

2026-01-20 13:15:04 From Andrea Kampen to Everyone:
Replying to "ANNOUNCEMENT: On Saturday, January 31, 12-1 PM ES...":
no, the Q&A

2026-01-20 13:15:11 From Naomi Koch to Everyone:



2026-01-20 13:15:12 From Dr. Jessica Evans to Everyone:

Replying to "ANNOUNCEMENT: On Saturday, January 31, 12-1 PM ES..":
yes

2026-01-20 13:15:15 From Gemma Frederick to Everyone:

Thank you

2026-01-20 13:15:18 From Kendra Thurman to Everyone:

Replying to "ANNOUNCEMENT: On Saturday, January 31, 12-1 PM ES..":
Q&A is also recorded

2026-01-20 13:15:36 From Suzanne Neald to Everyone:

thank you

2026-01-20 13:15:43 From BONITA LOVE to Everyone:

What a great class this has been!

2026-01-20 13:15:45 From Tansil Sandlin to Everyone:

Where is the Q&A?

On the same class link you use for Tuesdays

2026-01-20 13:15:45 From Deborah Stahl Waters to Everyone:

Yes, 🙏s for Joy & tku for today's class. It was heavy but good. 🙏